



Be a Food Scrap Friend

Put your food scraps in **Food Scrap Pail** on counter or in fridge

- Repurpose a small tub like a yogurt tub — decorate it if you wish!
- Add coffee grounds to the pail to reduce odor
- Line lid with damp newspapers or paper towels to reduce gnats & flies
- Toss your vegetable and fruit scraps, tea bags, and coffee grounds in it
- Add crumpled or shredded newspaper or paper towel rolls to the pail

THEN choose an option...

1. Feed food scraps to your **chickens!**

2. Join the volunteer team at the **Garden of Eden at the J!**

Contact Myra Rosenthal, Master Gardener, at myrasuer@gmail.com to learn how your family can contribute their food scraps to the JCC Garden of Eden Community Garden Compost Pile.

3. Compost food scraps at **your HOME!**

Compost bins or tumblers are designed for easy, passive composting — fill with “greens” (food scraps) and “browns” (e.g. leaves, wood chips, paper, cardboard, straw, etc.), add water to keep it lightly damp, and occasionally stir. Finished compost is ready in 4 to 6 months.

Trench composting means simply burying your food and yard waste by digging a trench about 12 inches deep, throwing in the items, chopping and mixing them in with the soil, then covering with remaining soil. In a few months, the decomposed material will have been incorporated into the soil and you can plant above them

Raised bed garden integration is similar to trench composting. Just dig the food scraps into the raised bed deep enough that scavengers cannot reach them. Give the worms and microbes several months to fully digest the food scraps and your bed will be ready to plant.

Three-bin “add as you go” system requires more space and management but is still easy to do in the backyard. Always cover the added “green” food scraps with “browns” such as leaves or finished compost to prevent odors and varmints. Ignore it and eventually it will decompose, or you can turn it, water it, and shift it to the next bin to facilitate the process.

Vermiculture is a confined system of worms eating your garbage! The Squirm Firm sells a rotating tray vermiculture system for \$170 but you can also make your own vermiculture bin. Believe it or not, you can keep it inside your home or garage. Use the vermicompost on potted plants or in the garden.

Bokashi composting involves layering food scraps with a Bokashi inoculant of “effective micro-organisms” (E.M.) in a special bucket. Within about a few weeks, the E.M. ferment the food scraps anaerobically (without air) and then the product can be buried or added to a compost pile outside.

It's **easy** to learn! Need help figuring it out or different options?
Call Terri at 618-250-6255 for free phone consultation

Community Garden Composting

How to Incorporate Food Waste Recovery

Wasted food is a social problem: In 2018, 11.1 percent of US households were food insecure at some time during the year. That is 37.2 million Americans, of which 11.2 million are children, living in food insecure households. Wholesome, nutritious food should feed people, not landfills.

Wasted food is an environmental problem: Food is the largest stream of materials in American trash. Currently, 95% of compostable waste goes to landfills or is incinerated. Once wasted food reaches landfills, it produces methane, a powerful greenhouse gas.

Wasted food is an economic issue: It is estimated that at the retail and consumer levels in the United States, food loss and waste totals \$161 billion dollars.

Source: Environmental Protection Agency

Community composting is a SOCIAL BENEFIT: Composting systems connect people to each other and create the impetus for people to choose what they eat more selectively, share it more considerately, and dispose of it more wisely.

Community composting is an ENVIRONMENTAL SOLUTION: When food scraps are recovered in composting systems, nutrients return to the soil to generate healthy plants for healthy people. Landfill expansion is slowed and greenhouse gas production reduced.

Community composting is an ECONOMIC ISSUE: Compost in gardens reduces need for water, fertilizer and pesticides while promoting high yields. Composting creates jobs and supports local economies. In 2011, Middlebury College in Vermont saved \$100,000 on landfill fees by composting 90% of food waste generated on campus.

*Sources: Table To Garden
Institute for Local Self-Reliance*